

**APPLE VALLEY PARKS AND RECREATION DEPARTMENT**  
**SUMMER CO-REC SAND VOLLEYBALL LEAGUES - 2016**  
**RULES AND REGULATIONS**

**GENERAL INFORMATION:**

1. **ELIGIBILITY/AGE REQUIREMENT**

All players must live or work full time (35-40 hours per week) within the State of Minnesota, and be at least 18 years of age. Use of underage players will mean forfeiture of the match and possible suspension from the league.

2. **ENTRY FEES**

The entry fee of \$100.00 is based on gift certificate awards, league champion t-shirts, equipment and administrative fees. A \$25.00 per team non-resident fee is charged to teams having fewer than 51% of their rostered players living or working full-time in Apple Valley.

3. **ROSTER**

A roster has a maximum of 12 players, which must be turned in prior to the team's first match. If a team would like to add players to their roster they may be added anytime during the regular season those players may be added in the office at JCRP. Added players must sign the roster before playing. **Players can not be added for playoffs.** All players must be on either a team roster or the Recreation Department's Draft List. No pick up players are allowed. Please note that a player may not play for more than one team in the same league.

4. **VALUABLES**

Do not bring valuables to your matches as the City of AV will not be responsible for lost/stolen items.

5. **REPORTING SCORES**

**Winning teams must report their match score (3-0 or 2-1) at the Supervisor's Office at JCRP.**

All three games count, so be sure to report both the number of wins and losses. There should never be a tied game unless time expires before the third game has started, in which case, each team will receive a 1/2 point for the un-played game. League rules specify that one rally serve will be played when the score is tied and the time limit is up during the second or third game. The limit for each match is 55 minutes - please start your matches at the scheduled time!!!

6. **PLAYOFFS / TIE BREAKERS**

A single elimination playoff will be held following the completion of the season. If teams are tied in standings, head-to-head competition will break the tie; if still tied, results vs the top teams in that league will be used to break the tie; if still tied, a coin flip will be used. All teams will compete in the playoffs.

7. **AWARDS - GIFT CERTIFICATES/LEAGUE CHAMPION T-SHIRTS**

"Gifties" will be awarded to the first and second place finishers in the leagues (\$30.00 and \$20.00), and the 1st place finishers (\$25.00) in the playoffs. Gift certificate choices will include: Apple Valley Liquor Store, Rascals or Wild Bill's. League champion t-shirts will be given to the players on the League Championship teams.

8. **SUBSTITUTES/DRAFT LIST**

The Apple Valley Parks and Recreation Department has accumulated a Draft (substitute player) List. Teams are encouraged to use this list if looking for players. A team must have four players on the court, which are their rostered players. No person on a team roster may also be on the Draft List. Players from the draft list that play more than three times for the same team will be removed from the draft list and placed on that particular team's roster. The draft list was created to help new players join established teams. Rather than continually using substitutes from the list, it is suggested that you place these players on your roster and let them become full-time members of your team.

**PLAYING RULES**

**Our leagues will be governed by USAV Rules where league rules do not apply.**

9. **MATCHES - RALLY SCORING**

A match shall consist of three games to 25 points, winning by 2 points, using RALLY SCORING. A team must win by 2 points up until the 26<sup>th</sup> point. If tied at 26, the first team to reach 27 will be declared the game winner. Teams will be given one point for each game won.

**RALLY SCORING:** All leagues will use rally scoring. All matches will be 3 games to 25 points, as described above. In Rally Scoring, if a team fails to serve properly, return the ball, or commits any other fault, the opponent wins the rally and scores a point, even if that team did not serve the point. The results of winning a rally are: If the serving team wins the rally, they will score a point and continue to serve; if the returning team wins the rally, they will score a point plus gain the serve. In Rally Scoring, a point is scored every time the ball is served!

10. **BLOCKING**

Only players who are in the front row at the time of serve are eligible to block. Back row players may not participate in a block or attempt a block. Blockers may reach over the net, but only on a ball directed over the net, or if the ball is near the net and no offensive player has a legitimate chance to play the ball. Blocking or spiking of the serve is not legal.

11. **HITTING THE BALL**

When receiving the serve, the ball can be “bumped” with the forearms or closed hand(s), or it can be “set” to a teammate or over the net, provided the ball does not come to rest. While a “double hit” cannot be called on the first team contact, if the ball does come to rest, a lift must be called. Overhead bumps are legal if contact is made using forearms, closed hand(s) or the base of the palms (known as the 'beach bump'). After the serve, any style of hitting is allowable (except underhand open palms) as long as the ball does not come to rest. The ball may be played off any part of the body (ie: waist, knee, foot, etc.).

12. **CARRYING THE BALL**

A carry is when the ball comes to rest on any part of the body. Carries most often occur when the ball is “scooped” with an open palm. This is an illegal hit, and a point or side out is awarded to the opponent. **As a general rule, underhand open palm hits should always be called by the captain as illegal.** Please teach your players to use the forearms.

13. **SPIKING**

May be done with either a fist or an open hand and must be done with a distinctive slap/hit of the ball. “Catch and throw” or “Slam Dunk” will not be allowed.

14. **BUMP / PASS**

Hands may be in any position, but when hitting the ball, the ball should only contact the hands for a brief moment. A bump/pass should not be done with an open hand, as it’s usually an illegal carry.

15. **CO-REC RULE HITTING**

If a ball is hit more than once by a team, one of these hits must be by a female member. (Blocking the ball is not considered a hit).

16. **SERVING**

- A. The server must announce the score before serving, stating their score first, then the other team’s score. This is especially important when using Rally Scoring, so everyone knows the score!
- B. Players may serve from anywhere along the back line.
- C. Players must serve in turn. Serving out of turn will constitute a foul and the other team will be awarded a side out and a point.

- D. Overhand or underhand serves will be allowed in all leagues.
- E. Teams must rotate for every term of service, even a team's 1st service after side out.
- F. The team listed **FIRST** on the schedule is the home team and gets choice of side or serve for the first game. Teams switch sides and serve for the second and third games.
- G. In USAV Volleyball, it is legal for a served ball to touch the net. The receiving team must play the ball if the serve touches the net and it appears that it will remain in bounds.
- H. The server is only allowed one toss. If the server tosses the ball as to initiate a serve and lets it drop to the ground or catches the toss, it is a loss of rally and a point/side out for the opposing team.

17. **OUT OF BOUNDS**

The ball is out of bounds when it touches any surface or object outside of the court, or touches the net outside the boundaries. Any part of the ball touching a boundary line is in court. Out-of-bounds balls can be played before they touch the ground or an object out-of-bounds.

18. **CONTACTING THE NET**

It is not a fault if a player touches the net that is forced into them by a driven ball. Insignificant contact with the net is no longer a fault. A player who is not directly involved in the play may brush the net without it being illegal. But it is a fault if the blocker touches the net while jumping to block a player who is faking an attack. Hair touching the net is not a fault. However, the ball touching hair as it goes out of bounds is a touch.

19. **SUBSTITUTION/EXTRA PLAYERS**

The substitute shall take the position of the player being replaced. If a starter re-enters the game they must come in at the same position. No change shall be made in the relative position of other players when a substitution is made. Late players may be added to the game as soon as a point is finished. Teams will be allowed to rotate in players as long as it is done consistently throughout the game. Players should rotate in at the right rear (server's) position only. In the Co-Rec Leagues, substitutions shall be made male for male and female for female.

If a team has more than six players, there are two options:

- A) **ROTATION**: The extra player(s) rotate into the game each time their team wins a side out. The usual spot to rotate into is the server's position, however it can be any spot as long as it remains consistent throughout the entire game.
  - B) **SUBSTITUTION**: Two (or three) players may substitute for each other, coming in as often as they choose, provided they take the same court position as the player being replaced.
- NOTE**: Late arriving players can be added to either option.

20. **CROSSING THE CENTER LINE & CENTER LINE VIOLATIONS**

Since there is no centerline on the sand courts, crossing the centerline is hard to define. As a rule of thumb, a player may not come down with their entire body on the opponent's side of the net while the ball is in play. Also, if a player interferes with an opponent while on the opponent's side of the net, a point or a side out will be awarded.

21. **SUCCESSIVE CONTACTS BY A PLAYER**

A player shall not make successive contacts of the ball except when playing a ball they have just touched on a block.

22. **SIMULTANEOUS CONTACTS BY TEAMMATES**

Simultaneous contact of the ball by more than one player of the same team is allowed and is considered as one team contact. Either player participating in such a play may participate in the next play of the ball.

23. **SIMULTANEOUS CONTACTS BY OPPONENTS**

If two opponents simultaneously hit the ball above the net, the player behind the direction of the ball is considered having touched it last. Simultaneous attack and blocking faults by players from opposing teams will result in a replay.

24. **UNSPORTSMANLIKE CONDUCT**

When an opponent is about to play or in the act of playing the ball, players shall not stamp their feet, shout, kick sand, or use similar tactics to disturb their opponents. Unsportsmanlike conduct is a violation and the offended team will be awarded a point or side out. Teams who continually display unsportsmanlike conduct may be suspended from the league. **Remember this is a recreational league - have fun!**

25. **SWITCHING POSITIONS**

Players may switch positions after the ball is served. After the play they must return to original positions. In the Co-Rec Leagues, men and women shall be positioned alternately on the court at the time of the serve, unless there are unequal numbers of men and women.

26. **REFEREES**

There are no referees for the Summer Volleyball Leagues. During play, teams shall make all judgement calls on their own side. Team managers should call their own fouls. Rule interpretations should be discussed by team managers. **If disagreements persist regarding any play, the point should simply be played over.** Either team manager has the right to request a point being played over on a questionable play.

27. **SMOKING / DRINKING / FOOD**

**Smoking and/or drinking alcohol is not allowed on the courts at any time. Johnny Cake Park facilities:** Coolers are permitted in the park (**no glass containers**); food and pop are available at the concession area, as well.

28. **NUMBER OF PLAYERS**

A team may begin a match with not less than four players. Teams have up to five minutes after scheduled game time in order to secure four rostered players or Draft List players. Teams that have at least four players at the scheduled game time must begin to play at the scheduled game time. Those teams cannot wait the five-minute period for their fifth and/or sixth players to arrive. If a team does not have at least 4 players after the five-minute grace period, they will forfeit the match. **Legal combinations** - 3 male/3 female, 3 male/2 female, 2 male/2 female, 1 male/3 female, 2 male/3 female, 2 male/4 female, 1 male/4 female, 4 or more female.

29. **GAME TIME LIMITS**

Games may not continue past the scheduled start time of the next match. The team ahead as of the time limit will be declared the winner. If the score is tied at the time limit, the first team to go ahead by one point shall win the game. If the third game has not been started and time is up, the third game will not be played. Both teams will be given 1/2 point for the un played third game.

30. **CHILDREN**

Adult leagues are formed for adult attendance only. If you must bring children to your game, a non-playing adult (1 adult per 2 children) must supervise them at all times, exception – Johnny Cake matches. Players not adhering to this policy will not be permitted to participate in league play. If a team repeatedly brings unsupervised children to their matches, they may be suspended from the league.

31. **TIME OUTS**

Teams may call two 30 second time outs per game. Teams may not call a time out during the last 2 minutes of the match, except for a serious injury.

32. **VOLLEYBALLS**

Volleyballs should be checked out from and returned to the Field Supervisor in the office at JCRP and. A Team Manager from the first game can check a game ball and a practice ball. A Team Manager from the final game of the evening must return both balls to the JCRP Office before leaving the site.

33. **NET HEIGHT**

Net height will be 8 feet for Co-Rec Leagues.

34. **RAIN OUT PROCEDURE - OUTDOOR LEAGUES**

If the weather is questionable, managers and players are instructed to call the Parks and Recreation weather hotline at 952-953-2399 (option 1-Adult Athletics/then Option 1-Weather Line) **after 4:30 p.m.** to see if the matches have been cancelled. If poor weather develops once the teams have reported to the courts, the decision to cancel the matches will be made by the team managers. Both Managers must agree whether or not to cancel, if one team does not want to play – the game will be postponed. Rainouts will be rescheduled as long as the leagues complete play before the Labor Day weekend. If you do decide to cancel on the court – the Home Team Manager must call this in to the League Supervisor at 952-953-2316 or e-mail [lfrey@cityofapplevalley.org](mailto:lfrey@cityofapplevalley.org) so that a make-up can be rescheduled, if possible...

35. **FORFEITS**

Teams that forfeit two or more matches during the season may be suspended from the league. If your team is unable to play on a given evening, please contact the Recreation Department at 952-953-2316 or [lfrey@cityofapplevalley.org](mailto:lfrey@cityofapplevalley.org) (by 12 noon) and the other team's manager, to let them know that your team will not be playing that evening.

**LEAGUE DIRECTORS**

If you have any questions regarding the leagues, please contact the League Director, Lyndell Frey at 952-953-2316 or by e-mail at [lfrey@cityofapplevalley.org](mailto:lfrey@cityofapplevalley.org) , weekdays from 7:00 a.m. - 4:00 p.m. Please note that the Apple Valley Parks & Recreation Department reserves the right to make rule changes where needed. If so, team managers will be informed of the rule changes or clarifications in writing. We hope you enjoy the 2016 summer sand VB season!